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SOURDOUGH Sentinel

Vol. 57, No. 10

Elmendorf Air Force Base, Alaska

March 10, 2006



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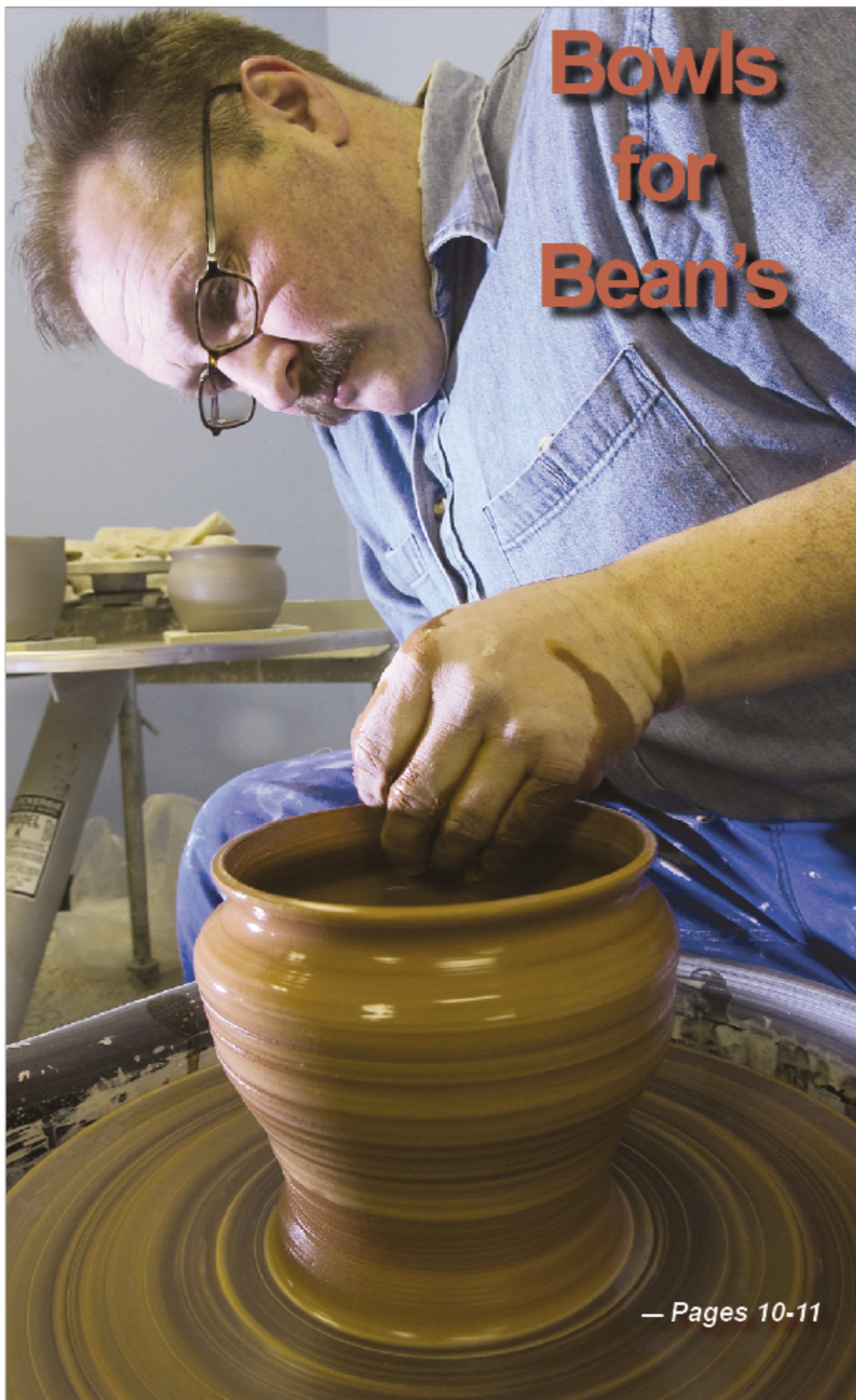
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Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224

actionline@
elmendorf.af.mil

These commanders stand ready to help you and can answer the majority of your questions. If they can't help, then call the Action Line.

Key phone numbers:

- Col. Mike Hass, 3rd CES/CC
552-3007
Lt. Col. David Aupperle, 3rd SVS/CC
552-2468
Lt. Col. Brett Meyer, 3rd SFS/CC
552-4304

Aurora lease agreements firm for one year

Q: I'm a military spouse with a few concerns about privatized housing.

My family has been living in the new privatized housing for six months. When we first arrived in Alaska, we couldn't afford to purchase a home. Now we have been able to save enough and have actually found one to buy. However, under Aurora housing's current agreement, we will have to continue paying \$1,680 a month until they move in another family or until the end of our lease.

With that being said, it is not as if our house will be offered up first to the next family on the housing list. I do not feel this is a very fair policy. What enlisted member can afford to pay for two homes at once?

I totally understand privatized housing is different from what most of us are used to when living on base, meaning the typical "base housing." Military members, however, are constantly moving in and out, and housing does not stay vacant very long.

With that being said, what is the bottom line here? If my house does not go to the top of the "available list," which obviously would save us the burden of trying to pay rent and a mortgage simultaneously, then it would seem that Aurora making their money is the No. 1 priority.

If anything, I believe when you

move into "privatized" housing you should perhaps pay a deposit, much like renting any other place off base in any state. If you choose to move for whatever reason or if you break your lease, then by all means keep the deposit like anywhere else. Odds are it will be rented out again by month's end anyway. I do fully understand I'm liable to pay under the current policy, being that I signed the lease. Nobody twisted my arm to do so. I am merely asking the policy be looked at and possibly adjusted to add a "military clause."

Steps need to be taken to ensure our military members are cared for. I don't feel we should be penalized for trying to better our living situation.

We can't afford not to take this opportunity to own our own home. With real estate prices in Alaska being so high, waiting until our current lease is up to buy a home will probably put a similar home out of our reach financially.

If I am somehow missing the big picture here, please help me to understand Aurora's justification for continuing to collect rent while a home is vacant.

A: I understand your concern for wanting to move off base and purchase your own home.

As you know, Aurora Military

Family Housing requires a written lease agreement with each military family living in their housing areas before occupying a housing unit. The lease protects both you and Aurora; it guarantees military families are given safe and affordable housing through the term of their assignment, while ensuring reasonable and steady occupancy for Aurora.

Your lease agreement with Aurora is for a minimum of one year, except as provided under the military clause. After the year has been satisfied, the tenant has the right to terminate the agreement upon 30 days written notice to the landlord.

Although it may seem unfair, you are required to fulfill your one year obligation within the terms and conditions of your lease. Since it is your personal decision to break the lease, not one created from military need, you are bound to its terms and must accept the consequence of your decision.

That said, your risk of making multiple payments or payments through the term of your initial lease is low due to the turnover of housing units on Elmendorf and the short waiting list. Call Bobbie Belew, Aurora general manager, at 753-1023 to find out where your housing unit would stand on the housing vacancy list or what order it is placed in.

Lt. Col. Paul Grotelueschen and **Senior Master Sgt. Eric Stenerson**, 3rd Wing Inspections Preparation Office, led the wingwide coordination efforts for Unit Compliance Inspection preparation. Their innovative use of Web-based tools provided a one-stop-shop for 38 units on UCI regulatory guidance, best practices, checklists and cross tell. Their reception and bed down plan was tested and proven when less than 50 percent of the Pacific Air Forces Inspector General team arrived on schedule. The PACAF/IG team chief lauded reception team efforts which set the stage for "excellent" wing results.

Airman 1st Class Daniel Katris, 3rd Equipment Maintenance Squadron Armament Flight, distinguished himself during unscheduled maintenance on a LAU-106 missile launcher. His expertise allowed him to accurately replace a severely degraded

wiring harness. Replacing the harness assembly saved the wing \$64,000 in procurement costs and eliminated inadvertent loss of munitions. Furthermore, his actions ensured equipment security and increased reliability of the F-15E aircraft armament delivery system.

Tech. Sgt. Christopher Randel, 12th Fighter Squadron Life Support NCOIC, ensured 110 effective sorties and 218 hours flown with zero life support discrepancies and a one-time life raft inspection on 13 seats that guaranteed pilot's safe egress while on a temporary duty to Nellis Air Force Base, Nev. He overcame manning issues and maintained 1,500 pieces of aircrew and aircraft equipment items worth more than \$3.7 million. His efforts were vital to the 12th FS's overall UCI rating.

The 3rd Communications Squadron Pacific Air Forces Initial Communications Pack-



age Team distinguished itself by deploying 18 people to Khorat Air Base, Thailand, to support Cope Tiger. The team established initial command, control and communications links for 300 U.S. troops and delivered satellite reach-back capabilities worldwide. Furthermore, despite extreme humidity and temperatures around 100 degrees, they produced an across-the-board 99.9 percent systems operations rate, enabling 120 E-3 Airborne Warning and Control System, A-10 and C-130 combat training sorties.

Army Air Force
Hometown News

Did you recently PCS to Elmendorf AFB?
Did you recieve an award?
Did you complete PME?
If so, let people back home know about it.
You can now fill out and sumbit a
Hometown News Release
online at
<https://hn.afnews.af.mil/webpages/paperless/46790/46790-3WGELMENDORFAFB.html>.

Sourdough Sentinel

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The deadline for article submissions to the *Sourdough Sentinel* is 4 p.m. Friday. Articles will be published on a space-available basis and are subject to editing by the *Sourdough Sentinel* staff. Submission does not guarantee publication.

For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: sourdough.sentinel@elmendorf.af.mil, fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

Elmendorf Moment in History

March 11, 1941:



President Roosevelt signed the Lend-Lease Act into law. It authorized the lending of war materials, including aircraft, to any nation considered vital to U.S. interest. Approximately 43,000 airplanes were transferred to Great Britain and the Soviet Union by the end of the war.

32 Elmendorf members earn senior promotion

The Air Force selected 1,303 master sergeants for promotion to senior master sergeant. The 32 Elmendorf members selected are:

Ronald Albers, 3rd Wing Command Post
 Terence Anderson, 3rd WG Commander's Support Staff
 Roy Aubert, 3rd Aircraft Maintenance Squadron
 Jordan Austin, 3rd Maintenance Operations Squadron
 Dana Besler, 3rd Medical Support Squadron
 Scott Blakemore, 3rd AMXS
 Timothy Blessie, 3rd AMXS
 Charles Breed, 3rd AMXS
 Stephen Council, 3rd Operations Support Squadron
 Joseph Crist, 3rd Logistics Readiness Squadron
 William Easter, 3rd Services Squadron
 Timothy Ebben, 3rd Component Maintenance Squadron
 Lloyd Hesseltine, 732nd Air Mobility Squadron
 Gary Hillman, 11th Air Force
 Jerry Jenkins, 381st Intelligence Squadron
 Michael Jennings, 3rd Equipment Maintenance Squadron
 Eric Johnson, 3rd OSS
 Steve Jones Jr., 3rd Maintenance Group
 Kenneth Lehman, 3rd Dental Squadron
 James Lucas, 3rd LRS
 Randall Milner, 962nd Airborne Air Control Squadron
 Steven Neal, 611th Air Support Squadron
 Gregory Nygaard, 611th Air Operations Group
 Joseph Pepitone, 3rd AMXS
 Michael Roquemore, 732nd AMS
 Jeffrey Rosen, 611th Civil Engineer Squadron
 David Seia, 3rd AMXS
 Earl Spangler, 3rd Mission Support Squadron
 William Stuhr, 3rd EMS
 Michael Thurnes, 381st IS
 Guy Wells, 611th Air Communications Flight
 Robin Wright Jr., 3rd CMS

The promotion list was announced Wednesday and is available online at www.afpc.randolph.af.mil.

Air Force Assistance Fund campaign begins Monday

This year's Air Force Assistance Fund "Commitment to Caring" campaign, which begins at Elmendorf Monday and ends April 23, provides Airmen the opportunity to contribute to any of the four official Air Force charitable organizations.

Now in its 33rd year, 100 percent of designated AFAF contributions will benefit active-duty, Reserve, Guard, retired Air Force people, surviving spouses and families. Airmen exceeded the campaign goal by contributing more than \$7.3 million in 2005.

Airmen need look no further than the aftermath of last year's hurricanes to understand the benefit the fund provides the Air Force community. Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley addressed this recently in a joint memorandum for the Air Force Assistance Fund:

"Last year, Hurricanes Katrina and Rita vividly demonstrated the need for rapid and reliable emergency assistance. Our four AFAF charities — the Air Force Aid Society, Air Force Enlisted Village Indigent Widows' Fund, Air Force Village Indigent Widows' Fund and the General and Mrs. Curtis E. LeMay Foundation — provided immediate financial and housing assistance to our active duty, Reserve, Air National Guard and retired Air Force members. This was in addition to their normal ongoing assistance with the hardships of deployments, accidents, illness, aging and death."

General Moseley recently announced a \$5.4 million goal for the current fund drive. Elmendorf's goal is \$94,562 up from \$93,090 last year, said Master Sgt. Thomas

Keller, 3rd Contracting Squadron and AFAF assistant project officer.

People can contribute through cash, check, money order or payroll deduction to:

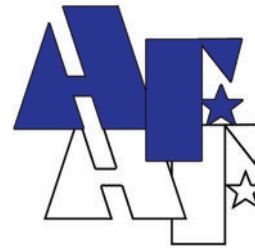
- The Air Force Aid Society, which provides Airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhancement programs. Base family support centers have full details on programs and eligibility requirements. Information is also available online at www.afas.org.

- The Air Force Enlisted Village Indigent Widow's Fund in Fort Walton Beach, Fla., near Eglin Air Force Base, which provides rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available at www.afenlistedwidows.org.

- The Air Force Village Indigent Widow's Fund in San Antonio, which is a life-care community for retired officers, spouses, widows or widowers and family members. The Air Force Village Web site is www.air-forcevillages.com.

- The General and Mrs. Curtis E. LeMay Foundation, which provides rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The LeMay Foundation Web site is www.lemayfoundation.org.

Contributions to the AFAF are tax deductible. For more information, contact your unit representative, or visit <http://afassistance-fund.org> or the Air Force Personnel Center's voting and fundraising Web site at www.afpc.randolph.af.mil/votefund.



11th Air Force officials announce award winners



Company Grade Officer of the Year
Capt. Adam Roberts
 611th Civil Engineer Squadron



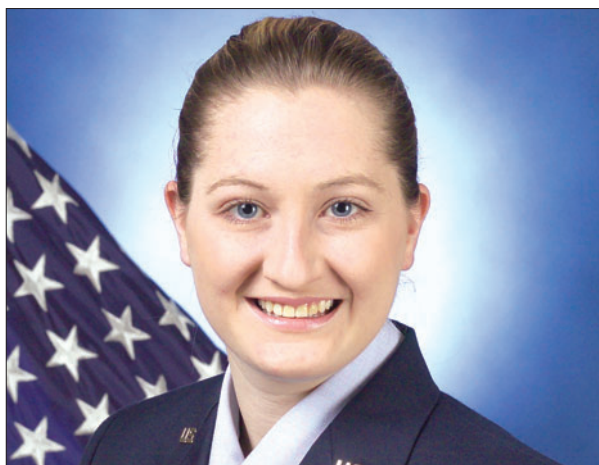
First Sergeant of the Year
Master Sgt. Bud Walsh
 3rd Aircraft Maintenance Squadron



SNCO of the Year
Master Sgt. Michael Bridges
 354th Logistics Readiness Squadron



NCO of the Year
Staff Sgt. Dana Brossard
 611th Civil Engineer Squadron



Junior Enlisted Member of the Year
Senior Airman Jenny Tull
 3rd Aerospace Medicine Squadron

These Airmen were selected as the 11th Air Force award winners during the 11th Air Force Annual Awards Banquet March 3 at the Susitna Club.



Community Assessment Survey makes needs known

Surveys sent out randomly to servicemembers to gauge their opinion

By Senior Airman Jared Marquis
3rd Wing Public Affairs

The Integrated Delivery System Working Group is sponsoring the 2006 Community Assessment Survey of servicemembers, spouses, reservists and reserve spouses. This survey is the best way for Air Force community members to make their opinions and needs known. The results of the survey will be used by base leadership and the Air Force to target resources where they are most needed and enhance the well-being of the community.

Air Force community members will be randomly selected to participate in the study. A notification letter that includes a link to the Web-based survey will be sent out to the work e-mail address of each active-duty member selected to participate (spouses will be sent a letter in the mail with the Web link). Participation is crucial to the success of the project; selected servicemembers are strongly urged to take part.

“The 2006 Community Assessment Survey is a top priority,” said Maj. Jennifer Halter, Elmendorf IDS chairperson. “It is the best way for us to listen to community members and then provide services to help them meet their needs and the needs of their families. It allows them to express their opinions

anonymously so participants can respond openly and honestly to issues that affect them every day.”

Survey responses can directly influence family services and related support activities here and throughout the Air Force. Results from previous Air Force Community Assessments have impacted the policies and programs that support families at every level of the Air Force, to include:

- Expanding financial counseling programs to members and their families
- Develop a user-friendly support network for single parents
- Set up marriage support seminars for junior enlisted members and their spouses

“The 2006 Community Assessment Survey provides community members a wonderful opportunity to improve the Air Force community,” said Major Halter. “We hope those selected will do everything they can to respond to the survey as quickly as possible.”

As part of a Department of Defense sponsored initiative, the Community Assessment, along with some supplemental questions, will be used to direct additional resources to help servicemembers and families basewide. Base agencies will be working with researchers to ensure that this year’s survey results are used to maximum benefit.



For more information about the 2006 Community Assessment, call Major Halter at 580-2181 or Donna Shock, Family Support Center, at 552-4943.

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Sourdough Spotlights


Outstanding Pacific Air Forces Aircrew Life Support Senior NCO of the Year

Senior Master Sgt. Mike Lightner, 3rd Operations Support Squadron

2005 PACAF Command and Control (C2) Awards Command Post NCO of the Year

Staff Sgt. Leilani Hilton, 3rd Wing

Congratulations



Annual campaign focuses on nutrition, health

By Capt. Christi Logan

3rd Medical Group registered dietitian

March is National Nutrition Month and this year's theme is "Step up to nutrition and health."

Proper nutrition and physical activity are important at every stage of life. Healthful eating and physical activity go hand in hand with good health.

■ Healthy eating fuels physical activity at every stage of life.

Healthy eating is all about what's right for you. You must make good healthy choices that fit into your stage of life and lifestyle. Decisions you can control over a lifetime can promote your health and quality of life. The sooner you start the better.

All foods fit into a healthful eating plan. There are no good and bad foods, only good and bad amounts of foods. Be sure to consider variety, balance and moderation when formulating the groundwork for your meal plan. Eating a variety of foods within each food group and then balancing the amounts you eat from each food group allows you to meet all of your daily nutrition needs. No one food or food group supplies all the nutrients your body needs. In addition, eating moderate portions of foods will aid in successful weight loss or maintenance. To add variety to your meal plan each week, try a new low-fat recipe or a new fruit or vegetable,

■ Food and physical activity choices are personal.

Choose nutrient-dense foods that

are flavorful and ones matching your own preferences, needs and lifestyle — even if and when your life and family situation changes. Good nutrition starts with you.

Whether at home, work or dining out, good nutrition can and should be a part of your lifestyle. Having healthy snacks in the car or at your desk can help prevent that last minute fast food or vending machine choice.

It is important to balance healthful eating with physical activity. Bottom line, you need to get moving every day. Each day participate in physical activities you like to do and then you are more apt to stick with it.

At least 30 minutes a day is recommended, but it need not happen all at once. Add a pedometer daily and shoot for 10,000 steps daily. This alone may cause you to get up from your computer and take a walk for more water to increase your steps. Other small lifestyle activities that can be easily incorporated daily are parking further out in the parking lot, and increasing housework and yard work. Even a few small changes in your eating and exercise habits can make a bit difference in how you look and feel.

Food is a source of pleasure. We eat for many reasons and many factors influence our choices of foods, such as culture, family, friends, surroundings, emotions, what is available, celebrations and how we feel about ourselves. Taking a moment to think about food choices can add

positive results rather than build up unnecessary guilt from poor choices. If you're used to eating healthy then you're likely to do it more often, even when on vacation and during times of higher stress.

■ Staying fit improves your chances for a higher quality of life.

Fitness means different things to different people. Whatever the meaning for you, the general meaning of fitness refers to optimizing your health and well-being. The health benefits of fitness are physical, mental, and lower the risk for some diseases.

Fitness can help increase longevity and improve your self-esteem and ability to manage stress. You'll be more productive, safe at work, and better equipped to go through life.

You never reach a point where it's too late to start leading a more active life. You can improve your quality of life at any point in your life by getting into the habit of regular physical activity.

No one would argue the value of fitness to overall health. Try to fit exercise and or physical activity into your daily routine by also using the following variety, balance and moderation keys.

Variety: try different types of physical activities because you use different muscle groups.

Balance: use weight bearing activities to strengthen bones, stretching and bending for flexibility, resistance exercises for muscle strength, and aerobic activities for

cardiovascular endurance.

Moderation: have a goal of 30 minutes of moderate-intensity physical activity throughout the day, on most, if not all days of the week. However, if your goal is weight loss, you may need to exercise longer or at a higher intensity.

You can benefit by charting your course toward achieving overall fitness. Take one month at a time — or even one day at a time and start tracking your eating patterns and your physical activities in a notebook.

Stop by the Nutritional Medicine Clinic and pick up a month's worth of eating and activity record forms to help you track your progress. One month is long enough to see some results, but not too long to feel tedious.

Also, schedule an appointment in the Nutritional Medicine Clinic where, at the end of a month, you can meet with the dietitian or a certified diet therapist to review your records, evaluate your progress, and establish realistic goals for healthy success. You will gain the knowledge to acquire and maintain healthy eating and physical activity habits that you can live with for a lifetime.

These gradual changes for health are often easier and more effective in the long run than trying to change everything at once. Choosing to become a part of the journey to a healthy eating pattern and healthy lifestyle is half the battle.

For classes and or appointments, call the clinic at 580-4310.



Elmendorf year tabs

The Elmendorf Pass and Registration Office has extended the 2005 tab renewal grace period until further notice due to a shortage of Air Force Registered Vehicle Expiration Stickers.

Once adequate supplies of stickers are received, people needing to renew their year tab must show current proof of insurance and vehicle registration.

The Elmendorf Pass and Registration Office is located in the basement of the People Center.

For more information, call Staff Sgt. Amy Anderson at 551-3202.

Honor guard training class

An honor guard training class begins at 7:30 a.m. Monday at 7153 Fighter Dr.

Military members interested in joining can call Staff Sgt. Mary Dejnozka at 552-2252.

AFSA meeting

The Air Force Sergeants Association meets at 11:30 a.m. Thursday at the Susitna Club. People can learn about what’s going on in legislature.

For more information, call Master Sgt. Jean Woodman, 84th Radar Evaluation Squadron, at 552-6056.

Free concert

The U.S. Air Force Band of the Pacific presents the Alaska Brass in

a free concert beginning at 3 p.m. March 19 in the Wilda Marsten Theater at the Loussac Library. This family event features the music of American and Canadian composers.

The doors open 30 minutes before show time and no tickets are necessary. A reception will follow the concert. The Wilda Marsten Theater is on the first floor of the Loussac Library located on the corner of Denali Street and 36th Avenue.

For more information, call 552-7591.

Home buying seminar

The Elmendorf Housing Office offers a home purchasing seminar at 1 p.m. March 20 at 6346 Arctic Warrior Dr. The class lasts two to three hours.

Seating is limited.

For details or to make a reservation, call 552-4439 or 552-4328.

Scholarships

■ The Elmendorf Officers’ Spouses’ Organization is offering \$1,000 scholarships to Anchorage area high school seniors.

Applicants must be children of active-duty or retired military members with at least a 3.0 grade point average.

Applications must be received by March 31 to be considered for selection. Forms are available online at www.elmendorfoso.com, from high school counselors or the Elmendorf Family Support Center.

For more information, call 622-9332.

■ The Ft. Richardson Spouses’ Club is accepting applications for eligible high school seniors for the 2006 Merit Scholarship Program.

Scholarships are for full-time undergraduate studies during the 2006-2007 academic year. Recipients must be the son or daughter of a servicemember assigned to Ft. Rich or Elmendorf, or a DoD civilian employed at Ft. Rich.

Eligible high school seniors or currently enrolled college students may compete for up to five scholarships of at least \$1,000.

Scholarships will be awarded based on academic achievement, personal achievement and community service.

Applications are available at area high schools and via www.usarak.army.mil/scholarship_application.pdf. Completed applications must be postmarked by March 31.

Call 384-1675 or e-mail cliff.boltz@richardson.army.mil for more information.

Free movies

The Armed Services YMCA will show “Glory Road” at 7 p.m. March 18 and “Harry Potter and the Goblet of Fire” at 1 p.m. March 22 at the Ft. Richardson Frontier theater.

Active-duty members and military families can pick up free tickets starting Monday at the central office at 7179 Fighter Dr.

For more information, call Taryn Perez at 552-9622.

Learn to quilt

The Armed Services YMCA is sponsoring a quilting class 1-5 p.m. March 18. The classes take place weekly through April at the Warrior Zone, Bldg. 655, on Ft. Richardson, no child care is available. The first class is a rag quilt.

Bring a snack to share. Call Judy Atkins at 384-9622 for more information, or to sign up and get fabric requirements and cutting instructions.

Online school finder

People living in Aurora Military Housing or anywhere in the Anchorage School District who are interested in confirming the school their child should be attending, can log on to the ASD school finder at www.asdk12.org/AddressBoundary/SchoolFinder.aspx and enter the requested information.

Feedback needed for new Web site

The Air Force Personnel Center is giving its customers an opportunity to ensure the new AFPC Web site will answer their questions.

The new searchable site is accessible via a link on the current AFPC home page at www.afpc.randolph.af.mil and customers are encouraged to provide feedback as the center continues to develop the site.

This site will be an integral part

of the personnel services delivery transformation, which is designed to improve, streamline and modernize the way personnel actions are accomplished.

The new site uses a question and answer format to explain personnel actions and programs and will give AFPC customers an opportunity to provide specific feedback, even after the official launch.

The site launches Wednesday.

Volunteers needed

Women’s History Month Committee needs volunteers to help read at schools as a part of educational activity throughout March.

If interested in volunteering, call Senior Airman Laura Narvaez at 552-1674 or Airman 1st Class Staci Fisher at 552-4701.

UAA course, tests

■ The University of Alaska Anchorage offers a special intensive fundamentals of oral communication course noon-4 p.m. weekdays March 24-April 6 at the Base Education Center.

The two-week course provides three college credits applicable to Community College of the Air Force degree requirements in 10 four-hour sessions.

■ UAA also offers the Meyers-Briggs Type Indicator test and the Strong Interest Inventory Profile tests for spouses and dependents. These tests are designed to help make career choices.

For details, call 753-0204.

For Sale Lot

Items placed in the For Sale Lot must have a current state registration and base sticker.

The cost to place an item there is \$2 per day with a seven-day minimum. Payment envelopes and instructions are located at the lot. There are no refunds.

Vehicles and other items not in compliance will be removed.

Weapons registration

All military members residing in base housing, temporary lodging, and dormitories must register their privately owned weapons with the 3rd Security Forces Squadron armory.

Housing residents may store their weapons in quarters, but must use gun cabinets, mechanical locks or other safety devices to render it inoperable.

Weapons are not authorized in the dormitories or temporary lodging units. These weapons must be stored in the 3rd SFS armory upon arrival.

For details, call the 3rd SFS at 552-6576.

Advertise your event

Base members wanting to place event information in the *Sourdough Sentinel* can e-mail sourdough.sentinel@elmendorf.af.mil.

Information must be received by 2 p.m. Friday at least one week before desired publication date. All information submitted is published on a space-available basis.



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 4:30 p.m. Sundays at Chapel 2
- Catholic Religious Education: 9 a.m. Sundays at the Chapel Center.
- Stations of the Cross begin at 6 p.m. today, March 17, 24 and 31 in Chapel 2 followed by dinner.

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Traditional Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1
- Protestant Sunday School: 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



PHOTO BY STAFF SGT. ALAN PORT

Tech. Sgt. Derrick King

Organization and duty title: 3rd Operations Support Squadron NCOIC commander’s support staff

Hometown: Durham, N.C.

Hobbies: Sports, music and clothes

Mission contributions: Provides personnel support to the 3rd OSS and 3rd Operations Group staff.

Time at Elmendorf: Four years, five months

Time in the Air Force: 13 years

Best part about being in Alaska: The cost of living allowance

Quote from commander: “For nearly two years, Derrick has been the ‘glue’ that holds the 3rd OSS command section together. He has been a perennial volunteer and an integral part of nearly every facet of the squadron. Most recently, his outstanding efforts in our recent Unit Compliance Inspection were praised by inspectors and integral in our squadron’s overall rating.” Lt. Col. Thomas Browning



PHOTO BY STAFF SGT. RHIANNON WILLARD

Staff Sgt. Yvonne Forsythe

Organization and duty title: 3rd Wing Command Post senior controller and 3rd Wing Status of Resources and Training System and Defense Readiness Reporting System manager

Hometown: Kykotsmovi, Ariz.

Hobbies: Spending time with family and enjoying what Alaska has to offer

Mission contributions: Provides readiness data for mobility planners up to the chairman Joint Chiefs of Staff level. Acts as the eyes and ears of the wing commander, flight follow aircraft belonging to the wing, and scramble North American Aerospace Defense Command alert aircraft.

Time at Elmendorf: Four years

Time in the Air Force: Seven years, six months

Best part about being in Alaska: Having family nearby

Quote from supervisor: “Sergeant Forsyth was selected as an outstanding performer during the October 2005 Pacific Air Forces Staff Assistance Visit. During the SAV, she had two of her SORTS programs benchmarked by the SAV team for PACAF. Her performance during the PACAF Unit Compliance Inspection Emergency Management Exercise garnered an outstanding performer selection. She is a true professional and asset to the Elmendorf Command Center.” Master Sgt. Ronald Albers

Services members sculpt snow to earn first place

By Staff Sgt. Francesca Popp
3rd Wing Public Affairs

Two chefs from the 3rd Services Squadron carved their way into the 2007 U.S. National Snow Sculpting Competition.

Staff Sgt. Eddy Tompkins and Mitch Manzo, Iditarod Dining Facility, as well as Debra Manzo, took first place in the 2006 Fur Rendezvous Division 1 Snow Sculpture Competition.

"This was such an unexpected honor to earn such a prestigious title," said Sergeant Tompkins. "It was great to participate in this event. I filled a void on the team that was left when a previous military member moved away."

During Fur Rondy, the trio chipped away at a 10-by-8-by-8-foot block of snow for five days and put in a total of 120 man-hours enduring less than ideal conditions.

Sergeant Tompkins said the blocks were peppered with gravel, litter and the occasional moose nugget. The unseasonably warm weather mixed with sporadic rain wreaked havoc on all the sculptures, even causing one to collapse just hours before judging.

Knowing what it takes to win, the group came up with the idea for the carving, which was titled "Alamo Chef." The walk-through design featured a large chef carving a wedge of cheese in front of a brick oven in a Santa Fe style kitchen. To make it complete, it included



COURTESY PHOTO

two patrons leaned up against the outside walls with their sombreros pulled down low, taking a quick siesta.

The team will represent Alaska at the U.S. National Snow Sculpting Competition in Lake Geneva, Wis., Jan. 31-Feb. 4, 2007.

Mr. Manzo said the trip may sound like a vacation, but they will be working diligently to turn a pile of snow into a work of art.

This will be the second trip to the nationals in three years for the Manzo's, who are both seasoned snow sculptors.



PHOTO BY STAFF SGT. FRANCESCA POPP

Nice to meet you

Clare Catherine Porter waits for Barbara Lavallee to autograph a book at the library March 1. Ms. Lavallee is an Alaskan artist whose illustrations are found in several children's books. Besides signing autographs, she read from one of the children's books she illustrated. Ms. Lavallee returns to library at 10 a.m. March 22 for another story hour and book signing session. The Library is located at 10480 22nd St.

Hula hula

Pua Spencer, hula instructor (center), instructs Jackie Moore and Liana Barto on the proper steps of a hula dance. The hula is a graceful Polynesian dance characterized by rhythmic movement of the hips and mimetic gestures with the hands often accompanied by chants and rhythmic drumming. Hula lessons take place 4-5 p.m. Fridays at the Arctic Oasis. The lessons cost \$32 per month. For more information, call 552-8529.



PHOTO BY STAFF SGT. ALAN PORT

Bowl Turning for the Hungry

Base members donate artistic skills for community project

By Staff Sgt. Francesca Popp
3rd Wing Public Affairs

Most military members know where and when their next meal is and don't have to worry about going hungry. However, imagine if you didn't know when or where you were going to eat. Where would you go? What would you do?

Several base members helped those who may not know where their next meal is coming from. They donated their time and artistic skills to transform clay into soup bowls during Bowl Turning for the Hungry.

Bowl Turning for the Hungry is an Elmendorf fundraiser to benefit the homeless in Anchorage through Bean's Cafe Empty Bowl Project. The bowls the Arts & Crafts Center donated raised enough money to provide nearly 1,700 meals at the cafe.

For the second year in a row, the Arts & Crafts Center gave people assigned to Ft. Richardson and Elmendorf the opportunity to take a free pottery on the wheel class and "do a good turn for those in need," said Sondra Kaplan, instructional programs manager.

A total of 210 bowls were created at the Arts & Crafts Center. The bowls were then donated to Bean's Cafe for the Empty Bowl Project. In all, more than 14 military

and civilian organizations made nearly 2,000 bowls.

Jumping on an opportunity to get involved in the community, Mrs. Kaplan and her friend, Hilda Payne, began the wheel spinning on base.

"This looked like a great opportunity for us to display some of the arts, crafts and skills provided through the center, while giving the base residents an opportunity to get involved in serving our community," Mrs. Kaplan said.

Volunteers began making bowls in November. The length of time it took for a person to make a bowl depended on their skill level. According to Mrs. Kaplan, if a person is a novice, it takes about an hour to pull up a bowl on the wheel. If the artisans are experienced, they can produce four to six raw bowls per hour. Finishing, glazing and firing the bowls is another aspect of the project that can take roughly about 30 minutes per bowl or better per participant.

There's no limit as to how creative a person can be with a bowl.

"We see some amazing creativity during this project and try to encourage everyone to reach beyond what they know and like," Mrs. Kaplan said. "[We want them] to do something different and unique."

Tammy Fletcher was one of the volunteers who shared her creativity. She painted some of the bowls that the potters made. She said she got involved with this project because it's fun.

"It's an opportunity to help out Bean's Cafe so that they can feed as many of the hungry people as they

can," Ms. Fletcher said. "People always think and do better with making decisions or dealing with issues in their lives if they have food in their tummy and a friendly person to talk to."

The technique Ms. Fletcher used to paint the bowl is called splatter painting. She said she filled her brush with paint, aimed the brush, then slung it at the bowl on a turn table and let gravity make its own designs.

Mrs. Kaplan said the contributions the base made in 2005 were so well received that the Bean's Cafe staff asked them to be involved again this year.

"This is a family event and it brings the community together in such a great way," said Sharron Jordon, Bean's Cafe development director, about why Elmendorf members get involved with the Empty Bowl Project. "They all feel they are contributing so much to the operation of Bean's Cafe."

Besides this event, Ms. Jordon estimates that 15 military units volunteer at Bean's on a continual basis. She said the cafe feeds about 4,000 people weekly and around 17,000 monthly.

Plans are forming at the Arts & Crafts Center to participate in this event again.

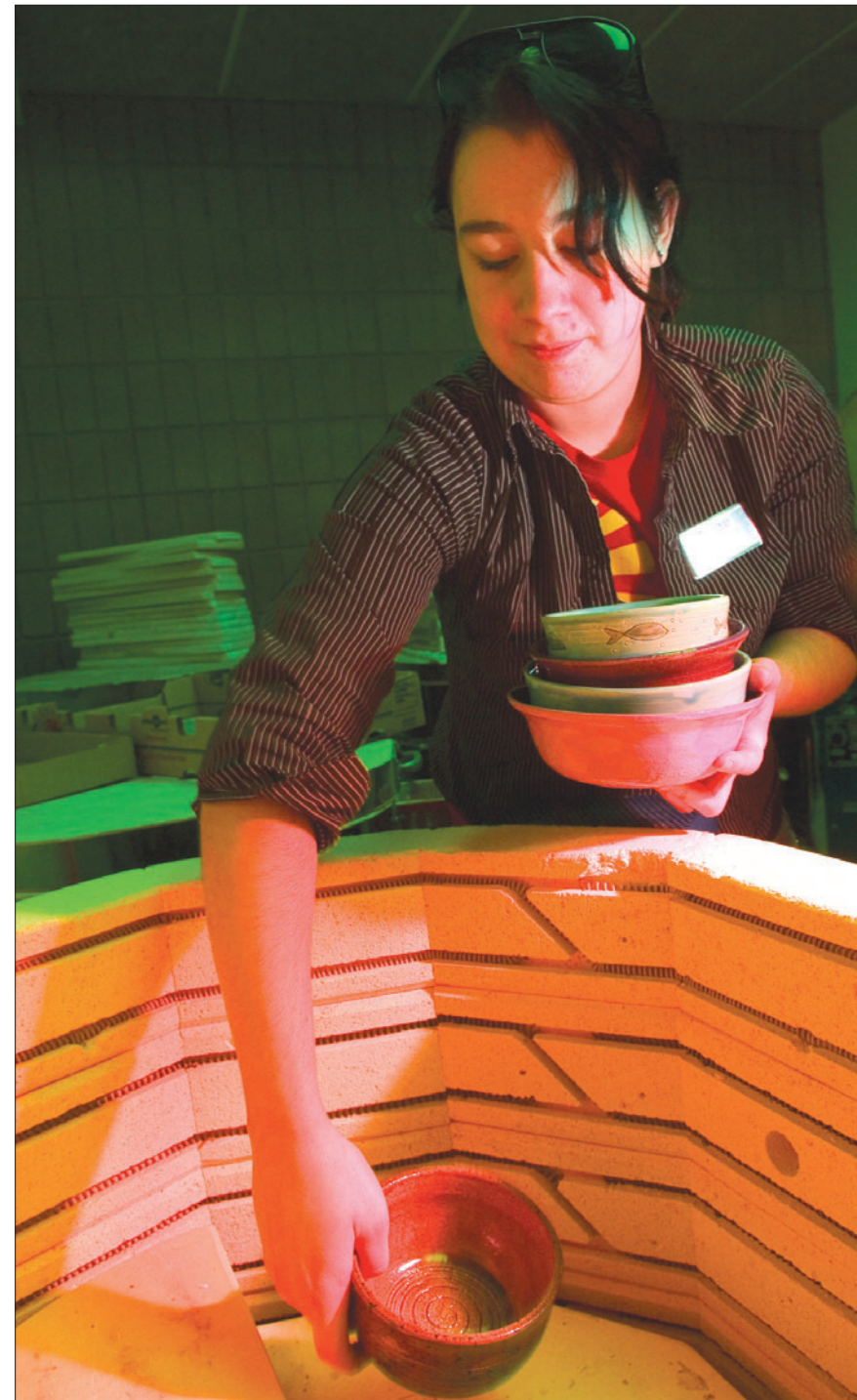
Mrs. Kaplan said people assigned to Ft. Rich or Elmendorf who want to get involved in the Bowl Turning for the Hungry project can call 552-7012 or 552-2470.



Sharon Smith, a Bowl Turning for the Hungry volunteer, designs artistic glazing on bowls that were donated to Bean's Cafe for its Empty Bowl Project. The annual event gives people an opportunity to support a good cause and give back to the community.



On the cover and above: Bob Duford throws terra-cotta pottery to be fired later with other greenware from his days work. Mr. Duford is a pottery on the wheel instructor at the Arts & Crafts Center. Several hundred pots were thrown, fired and glazed for auction to support Bean's Cafe.



Megan Johnson, a recreation aid, pulls fired pottery from a kiln in the Arts & Crafts Center.



Denali Duford details a greenware pot using an etching tool. Greenware is a pot that is thrown and set to dry. After it dries, it is fired once so it can be glazed; that is called a bisque fire.



Most of the bowls created at the Arts & Craft Center were about 5 inches wide. Volunteers began making bowls in November for the annual Bean's Cafe Empty Bowl Project. The base donated 210 bowls to help feed those who are hungry. The bowls are made for both functional and decorative purposes.



Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community

MONEY FOR COLLEGE

YES

YOUTH EMPLOYMENT SKILLS

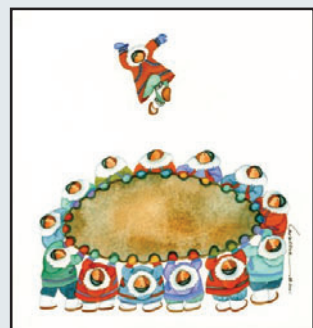
\$ Volunteer on base and receive credit toward college

\$ Any high school son or daughter of an active-duty Air Force member can apply

\$ Call the Elmendorf Youth Center to start volunteering or if you need a volunteer in your facility, 552-2266

YIP
Youth Program
Air Force Services

AIR FORCE
AID SOCIETY



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Story reading and book signing with Barbara Lavallee
10 a.m.
March 22
Base Library

Spring Break Events

Arts & Crafts

Spring Break Camp

10 a.m.-4 p.m. March 20-24
552-7012 or 552-2470
ages 5-15
\$130

Bring a sack lunch and drink, wear old clothes and have a great attitude
volunteers 17 and older needed

Spring Carnival at Hillberg

noon-7 p.m. March 25
Make-n-Take ceramics
\$5-10

Youth Center

extended hours
noon-6 p.m. March 20-24
552-2266
ages 9-12

Rollerskating at Skateland

1-5 p.m. March 20
\$6.50

H2Oasis Trip

10 a.m.-5 p.m. March 21
\$14

Power Hour Reward Movie Trip

noon-5 p.m. March 22

Hillberg Ski Area

extended hours
noon-7 p.m. March 17-26
552-4838

Spring Carnival

noon-7 p.m. March 25 and 26
Tubing, Ski/Snowboard Races, Big-Air Competition, Rail Competition, Slush Cup Finalé at 2 p.m. March 26

School Age Program

Full-Day Care

6:30 a.m.-6 p.m. March 20-24
552-5091
register early

Teen Center

extended hours
1-9 p.m. March 21-25
753-2371
ages 13-18

Keystone Club Trip to Mountain View

Boys and Girls Club
5 p.m. March 23

Dimond Mall and Movie Trip

3-8 p.m. March 24
\$7 plus spending money

Today

Snowmachine Trip 5 p.m., \$50, Hillberg Ski Area, 552-4527

RC DJ (The Rajun Cajun) 9 p.m.-3 a.m., adults only, Kashim Lounge, 753-6131

Southern Barbecue Buffet 5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, children 6-12 eat for \$4.50, Susitna Café, 753-3131

Club Member Social Hour 5-6 p.m., adults only, Kashim Lounge, 753-6131 and The Cave, 753-3131

Saturday

Hip Hop and Jazz Classes 10-11 a.m., \$32 per month, ages 4-18, sign up is required, Arctic Oasis, 552-8529

Karaoke 9 p.m., adults only, Kashim Lounge, 753-6131

Cross Country Ski Waxing Clinic 1 p.m., Outdoor Recreation, 552-2023

Xtreme Bowling with DJ 9 p.m.-1 a.m., \$18 includes shoe rental, Polar Bowl, 552-4108

Teen Night at the Cave 7:30-11:30 p.m., located in the Susitna Club, ages 13-18, \$3 Youth Center members, \$5 nonmembers, for details call the Teen Center, 753-2371

Kids Corner "Playing in the Clay" 1-3 p.m., ages 3-10, \$15, Arts & Crafts Center, 552-7012 or 552-2470

Seafood Special 5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, Susitna Café, 753-3131

Snowmachine Trips noon, 3 p.m. and 6 p.m., \$50, Hillberg Ski Area, 552-4838

Beginner Sign Language Class 10:30 a.m.-12:30 p.m., also March 18, 25 and April 1, \$35, Arts & Crafts Center, 552-7012 or 552-2470

Beginner Watercolor 11:30 a.m.-3 p.m. also March 18, \$45, Arts & Crafts Center, 552-7012 or 552-2470

Pottery-Sculpting and Hand-Builders Club 11 a.m.-2 p.m., \$65, Arts & Crafts Center, 552-7012 or 552-2470

Oil Painting "Waterfalls" 11 a.m.-3 p.m. also March 18, \$45, bring a 16- by 20-inch canvas or watercolor paper, Arts & Crafts Center, 552-7012 or 552-2470

Sunday

Family Xtreme Bowling 1-8 p.m., \$30 for up to six bowlers, shoe rental, one lane for two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108

Snowmachine Trips noon, 3 p.m. and 6 p.m., \$50, Hillberg Ski Area, 552-4838

Beginner Cross-Country Ski Lessons 1 p.m., \$5 or free if skis are purchased or rented for the season from Equipment Rental, 552-2023

Sunday Brunch 10:30 a.m.-1:30 p.m., \$16.95 *Members First* price, \$19.95 regular price, \$7.95 for children age 6-12, Susitna Café, 753-3131

Monday

Open Registration for Spring Break thru March 17, School Age Program, 552-5091

E-4 and Below Special 5-9 p.m., 50 percent off bowling and shoes. If the military member is deployed, their family can still participate, just bring a copy of the orders, Polar Bowl, 552-4108

Tuesday

Bowler Appreciation Night 5-9 p.m., \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108

Family Child Care Training and Orientation 3-9 p.m. thru March 17, providers needed for swing and evening shifts, Family Child Care, 552-3995

Wednesday

Wednesday Night Madness 5-9 p.m., \$18 per lane, up to five bowlers, shoes not included, Polar Bowl, 552-4108

Preschool Story Hour 10:30-11 a.m., ages 5 and under, Library, 552-3787

Take It, Make It Crafts 11-11:30 a.m., crafts or coloring sheets, ages 5 and under, Library, 552-3787

Ceramics "Working with Cover Coats" 6:30-9 p.m., \$25, Arts & Crafts Center, 552-7012 or 552-2470

Intro to Framing 5:30-9:30 p.m., \$45, bring an 8- by 10-inch picture or smaller, limited to five people, Arts & Crafts Center, 552-7012 or 552-2470

Thursday

Free Lift Ticket 5-9 p.m., receive a complimentary lift ticket with the rental of a complete \$6 ski package or \$7.50 snowboard package, Hillberg Ski Area, 552-4838

Morning Coffee Conversation 10:30 a.m., book club for spouses of deployed members, Arctic Oasis, 552-8529

Red Pin Bowling 5-9 p.m., get a red headpin strike and receive a free game, limit one free game per paid game, Polar Bowl, 552-4108

ImageMakers Photography Contest 4-7 p.m., Youth Center, 552-2266

Mongolian Barbecue 5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, Susitna Café, 753-3131

Boss and Buddy Night 4:30-5:30 p.m., compete for large, medium and small squadron awards, Kashim Club, 552-6131

Friday

St. Patrick's Day Party 8 p.m., win prizes for *not* wearing green, games, food and lots of fun with the Armed Services YMCA, Kashim Club, 753-6131

Beginner Crochet 6-8 p.m. also March 24, \$35, bring yarn and needle, Arts & Crafts Center, 552-7012 or 552-2470

Spring Break Hours noon-7 p.m. thru March 26, Hillberg Ski Area, 552-4838

Base Locator

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

Across

1. Congeal
4. Sore
8. USAF inspection
11. Plentiful
13. ACC base
14. Jump
16. ACC base
17. Auction
18. Sea bird
19. PACAF base
21. Backgammon need
22. Taxing org.
23. Hidden
25. Swimming in water
29. Gun lobby
30. Nuts
31. AETC base
36. Trade union
37. Score for 30 Down
38. Chairs

A	T	E				C	O	G				H	O	B	B	Y
G	O	D				C	A	P	O	N		O	L	L	I	E
A	C	E				C	R	E	T	E		S	E	T	O	N
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			T	A	I	P	E	I				A	M	E	N	D
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			D	E	L	F	T				S	S	T			N
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March 3 solutions

39. PACAF base
41. More flimsy
42. Hearing tool
43. Humpbacks
44. CENTCOM base
48. Greek letter
49. Cosmetic ingredient
50. AMC base
56. Celebrity
57. AFMC base
58. Ages
59. Hoop type
60. Weaponry
61. Poison
62. Mil. ID
63. Bother
64. Actors Harris and O’Neal

Down

1. Useless e-mail
2. Fashion magazine
3. Young kid
4. Agree in kind
5. Burns
6. 50 percent
7. Ram’s mate
8. Toboggans
9. Eagle’s nest
10. AETC base
11. “Honest” president
12. Singer Torme
15. Hammer part
20. Hubbubs
23. Web address
24. Upset stomach
25. ... acht, ___, zehn ...
26. Caustic material
27. Story
28. Singer Bocelli
29. Neither’s partner

			1	2	3		4	5	6	7		8	9	10		
11	12						13					14				15
16							17					18				
19							20					21				
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30									31				32	33	34	35
36								37				38				
39							40					41				
							42				43					
44	45	46	47													
49													51	52	53	54
56													58			
59													61			
													64			

30. Tiger’s org.
31. Discard
32. Dinner
33. Cook
34. SW Indians
35. Former Soviet country ID
37. Each
40. “The Right Stuff” actor Shepard
41. Buzzing sound
43. Albeit
44. Gala
45. AETC base

46. Scores
47. Aired again
48. Soothes
50. Terminate
51. Abyss
52. Pay attention
53. Charged particles
54. Mil. officer assigned to another staff
55. USAF medal
57. Nickname of only General of the Air Force

SPORTS PAGE



Thomas Knolmayer helps Katie Powell out of the sled after giving her a ride with his Iditarod sled dog team. Katie is the daughter of Senior Master Sgt. Chris Powell of Travis Air Force Base, Calif. She is suffering from Ewing's Sarcoma, a rare bone cancer. After learning that Katie's long-time dream was to meet an Iditarod musher and watch the start of the race, the pediatric oncology clinic at Travis, as well as other units, raised money to send Katie and her family to Alaska. While here, she spent several days with Knolmayer and was his guest at the start of the Iditarod.

Photos by Tech. Sgt. Keith Brown



Katie Powell pets Boomerang, one of Thomas Knolmayer's Iditarod sled dogs.

Iditarod musher helps girl live dream

By Tech. Sgt. Keith Brown
3rd Communications Squadron

Dreams do come true.

Thomas Knolmayer fulfilled a dream of finishing the Iditarod in 2005 when he and his dog team passed under the Burlud Arch in Nome, Alaska, the finish line of the nearly 1,150-mile race.

Knolmayer fulfilled a dream again this year. This time it was that of 10-year-old Katie Powell. Katie is the daughter of Senior Master Sgt. Chris Powell, a KC-10 boom operator stationed at Travis Air Force Base, Calif.

She was diagnosed in June with Ewing's Sarcoma, a rare cancer that attacks her bones. Once the pediatric oncology clinic at Travis found out that her long-time dream was to meet an Iditarod musher and dog team, they sprung into action. That's where Knolmayer, 3rd Medical Group chief of surgery, stepped in to help.

Having read about his Iditarod run, the clinic staff contacted Knolmayer. He agreed to host the Powell family at the start of the Iditarod and allow Katie the opportunity to ride in the sled during the final practice run.

The next challenge was to help the family with airfare, and help they received. The oncology clinic, the operations group and other units at Travis, raised enough money to fly Katie and her family to Anchorage.

A deployed surgeon, who works with Knolmayer, offered her house for the Powell's to use and save on hotel expenses.

"Everyone has just been amazing," said Katie's father. "You just can't believe how much everyone has done for us. We are truly thankful."

As for Katie, she made the most of her time, spending most of her visit with the dogs that are now taking Knolmayer to Nome.

To keep track of Knolmayer's run to Nome, visit www.iditarod.com.



Thomas Knolmayer leads his 12-dog team to the 2006 Iditarod ceremonial starting line in downtown Anchorage. This is the second year in a row Knolmayer is running the Iditarod, after becoming the first active-duty military member to ever complete the nearly 1,150-mile race in 2005. The race ends in Nome, Alaska, and should take 11 to 14 days to finish. Knolmayer is the 3rd Medical Group chief of surgery.